

# Pensacola Navy Youth Swimmin’

[www.pnyswimteam.org](http://www.pnyswimteam.org)

Welcome to PNY Swimmin’! The following is just some basic information to welcome you into our program and answer some simple questions. There is a great deal MORE info at [www.pnyswimteam.org](http://www.pnyswimteam.org). These include fees, parent commitment and responsibilities for home meets, and most important, the EVENT CALENDAR for the year.

**Training and Insurance:** Training Fees are paid either monthly or seasonally and are due by your second week of practice. Insurance is provided by the swimmer’s required membership into USA Swimming (our national governing body) and is paid annually (\$56) or seasonally (\$32). Discounted rates are available for USA Membership for reduced /free lunch athletes.

**Team Apparel:** The only thing you MUST have for your first season is a TEAM CAP and a well fitting pair of goggles. A cap is not required for practices. If it is your first season, you can wear any bathing suit you want. By the start of your second season, you must have our team suit. Team caps are available from Coach Trey and suits and goggles are available from the **Dragon Sports** box that is brought to the pool deck on Thursdays.

**Practice:** Practices are offered at Bldg 3828, the Aviation Schools Command Building, on Monday, Tuesday, Thursday & Friday of every week from either 5:30pm-7pm. (During the summer and very early fall we will sometimes practice at the outdoor Corry Pool instead.) The number of practices per week is always up to the swimmers but will affect which group they can move up to. Please get your child there early enough so that they are in their suits and ready for dryland and ready to enter the water at the start of the pool practice. Remember that the pool is closed on all Federal Holidays and occasionally there are no Friday practices before a big meet (always noted on the Board). Normal pool rules apply (i.e. no running, no diving in the shallow end, etc.), and all younger children are required to be escorted to the bathrooms by an adult. What can you do during your child’s swim practice? You can join Masters or other programs and swim at the same time or leave and come back! Ask one of the guards for more info about available programs and ask the coaches for practice information.

**Communication:** We have four ways we communicate with our families. FIRST is our main process, the website: [www.pnyswimteam.org](http://www.pnyswimteam.org) – everything is there and more! SECOND, we post information on the bulletin board located immediately to the right after you enter through the main doors of Bldg 3828. THIRD, each child is provided with their own folder with their name on it located in a file container just past the bulletin board. Information such as the “Trip Tik” can be found in there. LASTLY, ask your child what’s going on! You’d be amazed at how much information we tell them! ☺

**Swim Meets:** During the school year, we typically attend one meet every three weeks, during the summer we have a weekly dual meet schedule. We also host 5 PNY meets (home meets) throughout the year. All meets are listed at [www.pnyswimteam.org](http://www.pnyswimteam.org). Meets during school months are typically divided into a morning and afternoon session on both Saturday and Sunday. 10&Under and 11-12 Boys usually swim in the morning while the older swimmers and the 11-12 Girls compete in the afternoon. Summer meets wildly vary in length. The week prior to the meet, you will find a “Trip Tik” in your child’s folder. This one sheet of paper should list all the events your child has been entered in along with where and when the meet will take place, and the designated time for warm-ups and the team meeting. We recommend that your child bring something to lie on at the pool and a book, cards or anything that will keep him/her occupied. Electronic games are strongly discouraged but that extra set of dry clothes can come in handy!

Since most swim team funds are raised through competitions, almost every meet has a concession stand which sells food and meet programs (also called heat sheets). By purchasing the program, you are able to follow all of your team’s races, and know what heat and lane your own child is swimming in. Don’t write your child’s events on their arms – let them look at the heat sheet often to see where and with whom they are competing!

If you will not be able to attend a meet, home or away, or one day of the meet, you MUST sign out your child in the note date book in the folder bin. If you do not sign your child out by the “note date” listed on the calendar (about 20 days prior to the swim event), he or she will be entered and you will be required to pay for those events regardless of whether or not you will be attending. We have to pay for events ahead of the meet; therefore, we need to know by the note date if you will not be attending.

For meets that we host, we **require** that each family volunteer in some capacity. Please talk to your coach for more information on how you can help and check out [www.pnyswimteam.org](http://www.pnyswimteam.org).

**We look forward to working with your swimmer. Please don’t hesitate to ask questions before or after practice (not during – that time belongs to the swimmers!). We encourage you to make suggestions on how we can improve. Please, please, please visit our website! [www.pnyswimteam.org](http://www.pnyswimteam.org)**